

JANUARY, 1907

10 CENTS

THE STELLAR RAY



Successor to

SUGGESTION

Higher Thought, Philosophy
Modern Menti-Culture
Practical Psychology
Physical Upbuilding
Astral Science
Occultism
Optimism
Opulence



Published by
THE ASTRO PUBLISHING CO.
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To all Receiving Sample Copies of This Magazine.

GREETING:

This magazine is sent to you in response to your personal request or because some friend sent in your name with a request that a sample copy be mailed to you. In any event, it is taken for granted that you are a thinking person. If you read this magazine you may flatter yourself that you have more intelligence than the average person, for only persons of unusual intelligence care to read a magazine devoted to advanced thought topics. I am sure that you are interested in mental and physical culture, and regeneration of the mind and body, the development of inherent forces and higher powers, the study of rational hygiene, psychic research, astral science, occultism, and the various questions of progress and reform along advanced thought lines—in short, I understand that you are a thinker.

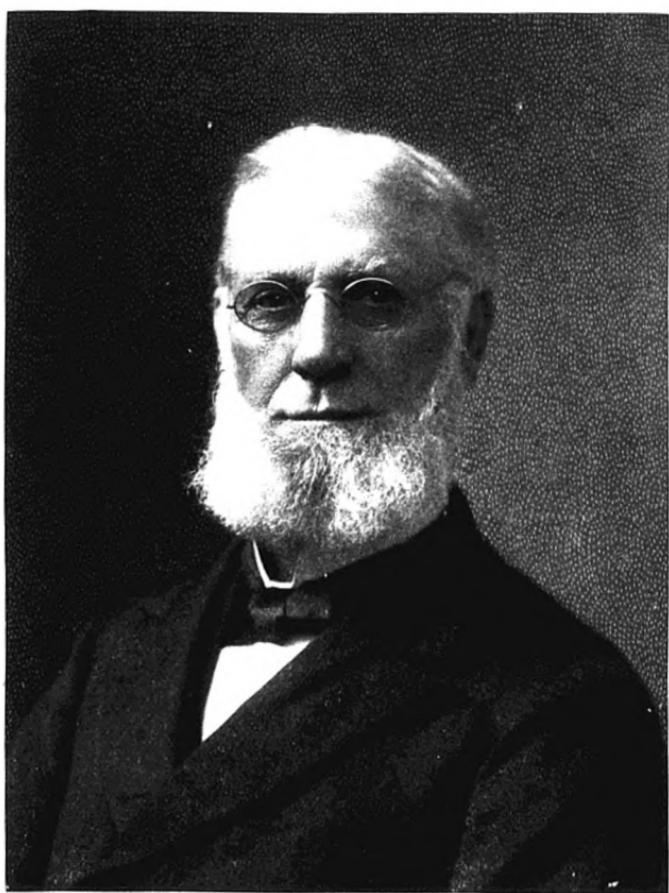
This magazine is devoted to a rational discussion of the topics mentioned above. It discusses the application of the principles of practical psychology for health, happiness and success, and stands for progress and reform in all its lines of modern thought—intellectual, religious, social and economic. Read our platform printed elsewhere in this magazine.

You are cordially invited to become a subscriber: our magazine is for the thinker—the investigator—for those who want facts—hence our appeal to you. I do not countenance fads, quackery, or wild theories. This publication is a scientific magazine, and seeks to find a basis of fact for all phenomena: it does not deal in theories or dogmas. What we want are facts. Its pages are open to all for temperate discussion on all lines of rational and liberal thought. We want people to think.

I believe you will be pleased with the ideas advanced, and I trust that you will send your subscription to-day. Kindly attend to this at once. Send us your subscription. May I have the pleasure of hearing from you?

Editor, THE STELLAR RAY.

SUBSCRIPTION PRICE:—Annual Subscription in the United States, Canada, Mexico and Cuba, \$1.00; foreign, 6 shillings, (\$1.50). In the city of Detroit the yearly subscription price is \$1.25. The magazine is for sale at all first-class news stands for 10 cents.



Henry Clay Hadley



MR. HODGES' GREAT QUESTION.

SOME are born to honor, and others to dishonor; some to wealth and others to want; some in the midst of crime, ignorance and sorrow, others environed in happy conditions. When and where is the Law of Compensation applied to equalize these conditions, or why should these things be?



Our Platform.

THE STELLAR RAY, is a magazine of higher thought. It stands for a rational system of living based on natural laws in which the physical, mental and psychological elements are duly considered.

* * * *

This magazine teaches that every ill—political, industrial, social, physical, mental and psychological—can be remedied by the proper application of natural laws; that nature will cure all diseases without drugs when given an opportunity; that nature designed every sentient being to enjoy a happy existence; that the laws of this universe are adequate for all conditions and all emergencies, and if permitted to act naturally, universal peace, good-will, prosperity and health would result; that facts are the result of underlying law; that the human intellect and will is un-chained and unassailable; that the power of thought is the most potent force; that creation today is a thought externalized, and that thought rightly applied will solve any problem that now confronts the human mind.

* * * *

Among subjects of interest to thinkers discussed in THE STELLAR RAY from a scientific standpoint may be mentioned the following:

HEALTH, HAPPINESS AND SUCCESS.

NATURE CURE.	PSYCHIC RESEARCH.
PERSONAL MAGNETISM.	ASTRAL SCIENCE.
RATIONAL HYGIENE.	ADVANCED THOUGHT.
FORMATION OF CHARACTER.	POWER OF THOUGHT.
SUGGESTION.	PRACTICAL PSYCHOLOGY.
DEVELOPMENT OF THE WILL.	ANIMAL PSYCHOLOGY.
PSYCHOLOGY OF CHILDHOOD.	PHYSICAL CULTURE.
DRUGLESS METHODS OF HEALING.	

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All interested in the above declaration of principles are invited to co-operate with the editor in extending the sphere of usefulness of the magazine. Send names of thinkers and requests for sample copies to ASTRO PUBLISHING Co., Hodges Building, Detroit, Michigan.

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EDITOR.

* * * PLEASE NOTE: Address all communications to THE ASTRO PUBLISHING CO., Hedges Bld'g, Detroit, Mich. and make all remittances payable to this company.

We can only plant the tree of knowledge beside the tree of superstition, and hope that its roots will be strong enough to draw away the sap and let the superstition wither.—*Tyndall*.

He serves all who dares be true.—*Emerson*.

EDITORIAL

The Time is at Hand.

As far back in the ages as thought life can be traced, a belief in immortality is recorded. Still farther back in the past are found evidences of an intuitive recognition of a relationship between man's destinies and the stars above him. The science of astrology has ever been studied by scientific minds and through all ages records of the movement of the heavenly bodies have been sacredly preserved. There are to-day many most able scientists devoting their attention to this line of research.

The time has come when the results of their deductions may not be ignored. The time has come when colleges and universities can no longer afford to set aside the powerful light which astral science throws upon all phenomena of nature. The truth of the relation of all life upon our planet to the Sun and Moon is, to a certain degree, an accepted fact. It is admitted that without the Sun's influence there would be no life; that the Moon affects the tides, influences the crops, the propagation of human and animal life, and affects mental conditions in man's organism. These stupendous facts should turn the attention of investigators to their careful analysis. Observing analytical minds should make observations and take data regarding the effects of all planetary influences.

But little time would be required to throw light upon the mysteries of individuality, of personality, of genius, success, failure, criminality and depravity of all kinds; light would be thrown upon the great question of the virgin motherhood of Jesus, the trinity of the Godhead, many ancient undeciphered hieroglyphics would disclose their secrets. The time is at hand when our seats of learning should be the exponents of this science of the laws of creation, a knowledge of which provides for the protection of child life from the affliction of erroneous training, a

knowledge whereby every pulsation of nature can be most conclusively demonstrated, whereby crime can be detected, the destiny of nations be ascertained. In brief, whereby nature's so-called phenomena may be relegated to eternal beneficent law. The time is now at hand.

Man's Will and Nature's Laws.

ARE the laws of Nature such as to preclude the exercise of free will by human beings? asks the *Literary Digest*.

Attention is then called to this particular phase of the question of free will as taken up in *Cosmos* by Pierre Courbet, giving paragraphs in which he analyzes the subject and seeks to demonstrate the relationship of man's will and Nature's laws through mathematical calculation. We inquire, "is it not a waste of time and energy to do this?" We have Human Will, we have Nature's laws; is it not more profitable to put this relationship to the test by practical demonstration? Men who are unfamiliar with Zero versus Zero for a basis of calculation are proving each day the power of the human will over Nature's laws in a manner more effective than if he waited to comprehend and demonstrate them through mathematical analysis.

Capital and Labor.

THE Labor and Capital organizations, that exist quite generally to-day are a step in the right direction, but they are tainted with selfishness, their object being that this, that, and other results may accrue to this or that special organization without regard to the general good, and the spirit actuating many of them is arbitrary and inconsiderate of all concerned. Suppose the actuating principle of all organizations for protection and advancement should be to do to others as they would be done by; suppose they were to call their members to do unto their enemies as they would have the enemy do unto them, to treat their neighbors as they would desire the neighbors to treat them, to do unto

the widows and the fatherless, as they would have their widows and fatherless children dealt with, suppose the organization of labor and those of capitalized wealth chose this high purpose for a base of operations, would not capital and labor soon clasp hands on a common ground of amity and good fellowship?

The Model of a God-like Man.

The most sincere, most unself-seeking, the broadest in charity, for his charity covered the universe as he knew it, his God Powers were and are still the best developed of any character the earth has known, he is the master and when rightly understood, the model of a God-like man. Such Scientific Spirituality is Jesus of Nazareth.

Scientific Spirituality.

BY the spiritual we first mean the invisible. But is spirit invisible? The spirit of Love is ever visible through kindly deeds, heard in gentle tones and felt in the warm light of loving eyes. Is not the spirit of Love, then, visible? We see the spirit Love, we recognize the face. We also see the spirit of Hate and recognize the features. These are familiar to our minds, but far more do we see Love's face than the distorted features of her ignorant sister Hate. For such is Hate, (ignorance of the beauty and power of the spirit of Love).

Then looking outward from our own firesides, we see the spirit of Progress. Too trite is it to recall to mind the familiar features of that spirit, just as visible as the physical features of an old friend. And who is a friend more tried and true than the Spirit of Progress; wise and helpful in making our lives more comfortable and more free? Are we not able to recognize another friend who served our nation and all nations of the earth before the Spirit of Progress could do much to aid us? We refer to the Spirit of Freedom, what do we not owe to this beneficent Spirit, striving ever to make men free. Where does Love dwell,

where does Freedom dwell, where does Progress abide? We reply: In the sanctuary of man's being.

How did these great spirits come to abide in man? They existed from the beginning of all things, as did man in the mind of Creative Genius. Ideal man must be the abiding place of Love, of Wisdom, of Progress. It is man's privilege to bar the doors of his being for a time to the Spirit of Love; if he does this it is through ignorance of the power of Love to make him successful and happy. He may also shut out the Spirit of Freedom because he ignorantly thinks Man is a slave, and cannot be free; then will his being be deprived of the Spirit of Progress, as he cannot welcome her without Love and Freedom, also dwelling within him.

Let a man or woman, who is downtrodden, who loves not his or her fellow beings, but says, "all man's hands are turned against me", let such an individual devote but fifteen minutes each day to thoughts of Love and soon will Freedom knock at his door and Progress will bear him outward to a happier life. Brooding sweetly in each being is the Spirit of Love, waiting patiently the opening of Reason's doors that all Love's kindred may join her there. It will be to every one a benefit to concentrate the mind for a few moments each day, upon Love. The Love that vaunteth not itself, the Love that suffereth long and is kind, that endureth all things, hopeth all things. The Love that would shield and cherish and provide, the Love that forgives and covers a mantle over a multitude of slights, of blunders, the fruits of ignorance. The Love that pitieh the weak, and sustains the strong, the Love that would give its life on earth that these things may fill the hearts of all mankind.

Not religious are these thoughts but scientific truths that have been demonstrated through the ages, until they are as familiar as that fire warms the body, so does Love warm the heart or the inner man, as that slavery degrades and Freedom exalts, as that stagnation poisons, and movement purifies. This is scientific spirituality. What would existence be without it? And yet there are minds so narrow that they refuse to demonstrate any truth, except through objective matter. Let such

minds reflect for a few moments each day upon the power of the great spiritual forces of Love, Freedom and Progress.

The Moon and the Breath.

How many know that they breathe first through one nostril and then the other; or that it is a scientific fact that in perfect health breath follows the motion of the moon? During the light of the moon for the first three days, the breath at sunrise will be in the left nostril, (the Lunar or negative nostril); for the sun is the positive force, the moon the negative. The breath will continue to use the left nostril for one hour, fifty-six minutes, and seven seconds after sunrise; then during the remainder of the twenty-four hours, of those three days, it will alternate from one nostril to the other. During the dark of the moon the breath at sunrise will be in the right or positive nostril, for the first three days, using the right nostril for one hour, fifty six minutes, and seven seconds after sunrise, then alternating as before. This fact shows the influence of the moon to be weakest during the dark period or old of the moon.

When a student can follow this regularity of alternation to the fixed day and hour, as illustrated, he will know he is in a healthful condition, though if he is not following this regularity he may be sure he is in discord with the law. It is a scientific truth that every atom, object or thing in the universe, breathes in unison when in its normal condition of being. The inbreath and outbreak corresponding to the inbreath and outbreak of the universe. This is a key to health, which in time will be understood and put into practice.

Psychic Phenomena.

Just what electricity is, and where it is stored in Nature's laboratory is still a mystery. However man does not refuse to benefit by its mysterious power. Likewise heat and cold, man has learned to avail himself of, although these indispensables of

civilized life are invisible. Man cannot exist one instant without the great atmosphere. He knows not what causes him to breathe it, but he does not refute the fact because it is enshrined in mystery. With all that the ages have taught man of his dependence upon the invisible, the marvelous, he has dared scornfully to repudiate so-called psychic phenomena because unfamiliar to him, and that he cannot apply his puny weights and measurements of their manifestations. Not one whit more marvelous are these psychic forces than the wind, the rain and the sunlight. They are produced by the same natural laws.

Man fears the invisible world but he breathes its atmosphere, he eats the products of its varied activities, he communicates with all nations and is carried far and near, here and there, by invisible powers; he walks, talks, loves and achieves through a mystic force called life. Let him pause and reflect that even his thought power is invisible, and reason will teach him to repudiate nothing in all the universe because the cause of its manifestation is beyond his comprehension.

Mature minds smile at a child's conception of the life it is entering upon. We are all babes but opening our minds to the possibilities of the future. Let us tread with reverence, not with scoffing incredulity, the aisles of Creation's sanctuary. Let us listen to harmonies more grand, breathing a life more beautiful than has entered the mind to conceive.

THE STELLAR RAY stands for PROGRESS, FREEDOM and PURITY. Progress through all channels of scientific research founded upon Nature's laws, the freedom that exalts both the nation and the individual (which is the freedom of thought), and all movements which tend to purify.

Our Motto is: FEARLESSNESS, LIBERALITY, and REASON shall teach the impotence of fear, the stagnation of bigotry, and the folly of superstition.

The world has a purpose. * * * That purpose aims not at man as an end, but works through him to greater issues.—*H. G. Wells.*

Impulses, What Are They?

Impulses emanate from man's inner being and are the result of what he has accumulated in his unconscious state. You will agree that this is true for you see impulse in young children. By impulse we mean, the spontaneous action of the mind, such as courage or fear—candor or secrecy—servility or masterfulness—generosity or selfishness—liberality or bigotry—all of these attributes of the mind are called into spontaneous manifestation.

You will observe that which we call the higher impulse will sometimes be followed by a sense of regret as, "I regret being unselfish there" or "would that I had been less courageous;" but more frequently is the lower impulse regretted and aspiration for the higher follows, such as, "Oh! that I had been courageous instead of cowardly," "Oh! that I had been unselfish!" It is well to call the attention of the mind to its spontaneous impulses. It is a great field for study because when a man controls his lower impulse and cultivates his higher ones he is master of his inner being.

Joy Radiations.

There are men and women manifesting on manifold planes of existence, who work mighty works through making gladness their battery of force. They permeate their beings with joy, everlasting joy is their thought force and wonderful is it in its accomplishment.

Persistent joyfulness of being radiates joy, it attracts joyful events, joyful conditions, it illuminates the mind with joyful wisdom. A being radiant with joy is a powerful being.

We shall float THE STELLAR RAY out into the joyful waters of the knowledge of Goodness at the helm of the universe, and our little craft has nothing to fear. Joyful is truth, joyful is wisdom, for they reveal eternal joy to be the theme of the symphony of creation.

Each atom strikes its tiny vibrant note in the majestic anthem of universal life. All is lifting cadence to blend somewhere

with nature's melodious chords, swelling and diminishing, then moving into sublimity of life in harmony with infinite will.

No one can read the three articles on "The Religion of the Average Man," in the Outlook of October 13th and have a doubt of the awakening of reason in religious thought. For centuries reason has been held in bondage by a blind belief in legendary records of the past; submerged in a cloud of ignorance that has appalled the angels of light and rendered education in religious thought most difficult. But the leaven of reform, as the Nazarene meant it to be, has been slowly working its mighty purpose and the good news is being heralded from the ramparts of Wisdom's fortresses.

The Bright Side.

THERE is many a gem, in the path of life,
 Which we pass in our idle pleasure,
 That is richer far than the jewelled crown
 Or the miser's hoarded treasure:
 It may be the love of a little child,
 Or a mother's prayers to Heaven;
 Or only a beggar's grateful thanks
 For a cup of water given.

BETTER to weave in the web of life
 A bright and golden filling,
 And to do God's will with a ready heart
 And hands that are swift and willing,
 Than to snap the delicate, slender threads
 Of our curious lives asunder,
 And then blame Heaven for the tangled ends,
 And sit, and grieve, and wonder

M. A. Kidder.

I am nothing, but the truth is everything.—*Abraham Lincoln.*

STELLAR SCIENCE

The Sun in Aries.

WE give in this number and succeeding ones the influence of the sun in the different signs of the Zodiac commencing at aries the Spring Sign, at the time the Sun crosses the Vernal Equinox, and will continue through all of the signs. It will be found that the sign that the Sun is in at birth gives an outline of the character of the individual, and each person born between March 21st and April 21st will find an index of his or her individuality. This index will be modified, however, by the influence of the sign that is rising at the time of taking the first breath.

The effect of the Sun in Aries or first house: This position is generally fortunate both for those things signified by the Sun, as well as for those coming under Aries, and the first house. It contributes to health, vitality and length of life. It gives strength of will, energy, activity, self-confidence, wilfulness, and to some, rashness. The native will acquire some position of authority or responsibility. No matter whether he moves in a humble sphere or a more public one, he will be independent in manner, capable of directing others and assume such position naturally. Some kind of responsibility will fall upon his shoulders, either in little things, or great, according to the position shown in the natal figure. There is a natural inclination to religion though the latter is sometimes more rational than devotional. He will also be independent and positive, enthusiastic, sometimes militant, and if carried to excess, intolerant of opposition. He has a tendency to travel and exploration, also to scientific work. It favors a martial occupation, a pioneer, explorer or leader and is favorable to the father for birth of sons. If afflicted it may cause excitability, mental overwork, insomnia.

Astrology Necessary to Physicians.

HIPOCRATES, who lived between three and four centuries prior to the Christian era, and who has been justly named the father of medicine, declared that a physician cannot safely administer physic if he be unacquainted with astrology; which means simply that in the absence of natural first principles for guidance, the application of remedies, however good they may be, will prove all guesswork. Advanced students in astro-philosophy and occult science learn that Nature never contradicts upon one plane what she asserts upon another plane; therefore, if we follow the cue to medical practice, as given by its father Hippocrates, we may discover the compass which will guide to the path of truth. In the meantime, let no foolish prejudice stand in the way as a stumbling block to an effective medical art. There is no doubt that some errors interblended with the ancient rules of astral science, but this must not warrant the neglect of so sublime a subject by modern scientists, who seem to labor under a prevailing notion that somebody has exploded astrology somewhere though nobody knows who, where or when.

"Whether followed or not, the fundamental truths of Ancient Astrology remain unshaken, and are made manifest by every natural event in each individual's experience. Does anyone doubt the effect of color upon the human organism? Is it not proved that vibrations of color set up sensations and corresponding thrills in the system, which become associated either with favorable or unfavorable results, and are not these same results amenable to definite law? Can anyone doubt the effect of sound upon the human organism? The celestial vibrations which are the root of all natural sciences teach the only rationale of the medical treatment.

"One of the most noticeable evidences of the influence of the celestial vibrations on the severity and duration of disease in the individual is shown by the nature of the critical days which attend every acute attack, and their undoubted relation with the lunar position. The Moon's influence in this capacity has received the attention of thinkers in all ages, and is quite above the possibility of mere superstition. We speak more especially of

the lunar influence for the reason that it is the most important of all in diagnosing and following the various cases of sickness.

"It is not necessary to go into detail as to the relation of the heavens to the practical art of navigation, for it is generally known to what extent the navigator is indebted to the influence of the stars for the successful issue of his voyaging over the face of the waters, not only with regard to astronomical observations, taken to gain the knowledge of his whereabouts on the ocean, but also in connection with the nature of the weather, the tempests, calms and atmospheric changes to which he is subjected; how signs in the heavens tell of impending storms or favorable winds; how certain seasons, connected always with the solar-lunar influence and positions, indicate with certainty the prevalence of equinoctial gales, variations in the tides, etc.

"To the physician and surgeon the celestial influences are no less potent, though, it is true, only regarded at this time by a very small portion of those who practice the healing art, so that medical art is reduced to a mere practice of chance.

"Although the knowledge of *materia medica*, hygiene and surgery has been greatly extended, and new remedial agents are continually being discovered, the principle of treatment, involving their application to the cure of the sick, remain empirical and unsatisfactory, and in modern times as well as in past centuries it has been difficult, yes impossible, to find any rational principle for a physician's treatment of a case.

"Medicine is a science founded upon conjecture and experiments, and many medical men have, during the present century, expressed themselves in similar terms regarding their art, which clearly indicates that the compass has been lost and that they are on the wrong path, without clear first principles on which to base and build up a truly scientific practice, from which to derive uniformly successful treatment under uniform conditions. Now where is the compass? To what period must we turn in order to regain the lost path which leads to truth? It is in this search that gifted and thoughtful men, impressed with the errors of old physic, have fled from its schools."—*Introduction to Astro-Physiology, Vol. v Science and Key of Life.*

An Astral Body.

THE following is taken from a London source, date May 14, 1905:—Believers and doubters in what is generally termed spiritualism had two matters to discuss this week. The first was a paper on automatic writing, read by Prof. Richet to the Society for Psychical Research.

Put briefly, the professor's paper was a detailed account of a woman, whose genuineness and good faith he vouched for, who, without the slightest knowledge of Greek, writes Greek and quotes sentences in Greek from a book she has never seen or heard of. The professor offered no explanation of this remarkable achievement.

Sir Oliver Lodge, who presided, declared that the society had perfect faith in Prof. Richet, and the latter had perfect faith in the woman, but it did not follow that the society had faith in her.

The second mystery concerns the appearance in the house of commons of the astral body of a member of parliament. The event occurred shortly before parliament rose for the Easter recess.

Sir Carne Rasch, member for Mid-Essex, had been suffering from influenza, which developed into neurosis. He grew seriously ill, but attended the sessions of the house in order to help the government whip. Finally, however, he had to give in and remain at home.

Sir Gilbert Parker, who saw what he thought was the baronet, is positive in regard to the following, which is given in his own words:

"I wished to speak, but missed being called. As I swung around to resume my seat I was attracted by seeing Rasch out of his place. I knew he had been ill, so I nodded my head and said, 'I hope you are better.' He made no sign or reply. His face was remarkably pallid, and he sat hunched up. His expression was steely and altogether stony, and his appearance was grim and almost resentful. I thought for a moment, and then turned to him again, but he had disappeared. I was puzzled

and went in search of him. I expected to overtake him in the lobby, but he was not there. No one of the whips or doorkeepers had seen him. I enquired about him all over the house and in every corner, but no one had seen Sir Crane. Then I heard that Sir Henry Meysey-Thompson had also been enquiring for Rasch, but without result."

Sir Gilbert Parker joined Sir Henry Meysey-Thompson who had not seen Rasch, but had a singular desire to talk with him, and so had enquired at the house post-office. Parker and Thompson made note of the exact time and circumstances, one of them actually saying that Rasch must be dead or dying.

The story has an unconventional ending for Rasch, who was undoubtedly ill at home at the time, instead of dying, began to mend soon, and has now quite recovered. The only explanation he can offer is his illness, and the struggle between the temptation to stick to his house duties or go to bed which resulted in his doing the latter.

Relating to Horoscopes.

IT is necessary that we clearly define our position relative to providing horoscopes for the readers of THE STELLAR RAY. It is requested that all interested in the subject shall carefully read the following:

We believe it to be the duty of every one to have his horoscope cast, for the reason that one's character is governed by astral influences, and crises throughout his career are certain to occur when the stars that governed his birth come in certain hostile or favorable juxtaposition, and an astral chart will enable its owner to unfold the power within himself and combat the hostile influences and benefit by favorable ones. The careful study of this science reveals that the stars incline but do not compel the influence, and one may realize what a universal knowledge of it may mean to humanity.

Parents who desire to be guided in training their children by a knowledge of their weaknesses, both moral and physical,

what to guard against and what their mental characteristics may be; also adults desiring knowledge of themselves that they may live more wisely, may obtain horoscopes through this department.

All horoscopes will be cast by the most accurate methods known to the science, and will range in price from one dollar upward, depending upon what is required by the applicant.

Address Astral Science Department, THE STELLAR RAY, Detroit. Mich.

Pass it on

WRITTEN FOR STELLAR RAY.

If you've received a kindly word,
Pass it on:

Or if something good you've heard,
Pass it on.

Remember it is only fair,
That you should with your brother share,
So be a man, and always dare
To pass the good things on.

—*Fannie Herron Wingate.*

To be Honest - To be Kind.

TO BE honest, to be kind—to earn a little, and to spend a little less, to make upon the whole a family happier for his presence, to renounce when that shall be necessary and not be embittered, to keep a few friends, but these without capitulation—above all to keep friends with himself—here is a task for all that a man has of fortitude and delicacy.—*Robert Louis Stevenson.*

The man who is thoughtful of his friends and kind to them is good enough for anybody. To send such a man to hell because he was sprinkled instead of baptized would be an outrage.
—*Atchison Globe.*

HEALTH AND HYGIENE

Health Necessary to Success.

Dr. Orison Swett Marden in Success Magazine.

THE first condition of success is to be a first-class animal. What else is so grand as to stand upon life's threshold—young, fresh, hopeful, with a consciousness of physical power equal to any emergency, a master of the situation?

The glory of a young man is his strength. As a rule, physical vigor is a necessity to a great career.

You cannot achieve anything worth while without a clear, strong, active brain; and nothing strengthens and stimulates the brain more than a healthy body. The race of today will be won only by those who habitually keep themselves in such good physical trim that their minds will be capable of sustaining the high pressure put upon them by existing conditions. In every occupation and profession in the twentieth century the brain and nerve strain go on continually augmenting and intensifying.

It does not matter how highly gifted you are by nature, nor how great are your intellectual resources, if you have not physical stamina as your foundation, you will be handicapped in everything you attempt to do. Without this mighty balance wheel, even a genius is placed at a fearful disadvantage.

"I am certain," said Horace Mann, "I could have performed twice the labor, both better and with greater ease to myself, had I known as much of the laws of life and health at twenty-one as I do now. In college I was taught all about the motions of the planets, as carefully as though they would have been in danger of getting off the track if I had not known how to trace their orbits; but about my own organization, and the conditions indispensable to the healthful functions of my own body, I was left in profound ignorance. The consequence was I broke down at the end of my second college year, and have never had a well

day since. Whatever labor I have since been able to do, I have done it all on credit instead of capital—a most ruinous way, either in regard to health or money."

Everywhere we see young men and young women, in college and out of college, ruining all their future prospects by taking chances on their health. They half starve themselves in order to pay their expenses at college, and think they are doing a meritorious thing. They overwork and deprive themselves of sleep, thinking they are saving time and ensuring future success. Many a student commits suicide by exhausting his brain in trying to lead his class. All are prodigally wasteful of their vitality, forgetful of all the laws of health until Nature calls a halt and they are forced to obey.

Everywhere we see men and women side-tracked and thwarted in the midst of their careers by ill-health. Although capable, mentally, of doing the work of giants, they are compelled to remain in mediocre positions because of low vitality or the lack of physical stamina. On every hand we see the efforts of people thus minimized by bodily weakness, which no industry or will-power can supplement. Many of them might have been well and strong had they taken the most ordinary care of their bodies in early life.

Very few men keep themselves in condition to do their best work. They never think seriously of caring for their health. They think it one of those things that will take care of themselves no matter how they abuse them. They would not think of starting an intricate piece of machinery until it was in perfect order; until it was well lubricated and every defect that could cause jar or friction in its bearings had been removed. Yet they think nothing of starting up their mental machinery in the morning with exhausted brain cells, tired nerves, and generally low vitality. They think nothing of the matter until the machinery refuses to work.

Nature's price for health is regular and intelligent care. We cannot safely bottle up sleep tonight for tomorrow night's use, nor cram our stomachs at one meal because we expect to eat sparingly at the next.

Health, strength and longevity depend upon immutable laws. There is no chance about them.

If you are deficient in vigor or physical stamina, if you have a bodily weakness of any kind, it will show itself in everything you do. Unless you are one of the rare exceptions to the rule, it will cripple your whole life-work. Everyone who knows you reads your weakness and lack of tone in your unsteady eye and hesitating step. It appears in every letter you write, in every speech you make, in everything you do; you cannot disguise it, and you will fall as far below success as you will fall below the health line. Every faculty of the mind sympathizes with every defect and weakness of the body.

"The time will come," said Frances Willard, "when it will be told as a relic of our primitive barbarism that children were taught the list of prepositions and the names of the rivers of Thibet, but were not taught the wonderful laws on which their own bodily happiness is based."

To be sensible of the importance of health and strength; to have a good knowledge of the anatomy, physiology and hygiene of the body; to know what to eat and drink and wear; to know how to work and exercise, to rest and sleep—in a word, to know how to properly care for the human machine that he expects to run for seventy or eighty years, is the first duty that every sane individual owes to himself and to the world. All happiness, all success, all effective power in life depend on this knowledge and its practical use.

Abdominal Breathing.

As regards abdominal breathing, in these days of much peptonized, patented and predigested foods and quick lunch counters, with their marked effects in inducing a sluggish and imperfect intestinal digestion, the importance of this form of breathing can neither be questioned nor overrated. It is so potent for good that the man, woman or child who thus breathes thoroughly and well may ignore most of the rigid rules of the dietists

and reformers, and yet escape the tortures of dyspepsia, the modern curse of constipation and the dread of appendicitis!

Abdominal breathing unquestionably and very decidedly favors peristalsis, whereas costal or chest breathing has no perceptible effect upon the abdominal organs.

Another important omission in the frequent discussions of this subject is in relation to skin-breathing. The primitive or normal man breathed constantly and much with his skin; whereas with the modern, in his Jaeger underclothes, starched shirt and overweight of outer clothing, skin-breathing has lapsed into a lost art. As a consequence the lungs are constantly over-worked to such an extent that it is little wonder the Great White Plague has become such a stalking pestilence, that it heads every seventh funeral procession that occurs.

We do too little breathing with our skins, and too little of the right kind with our lungs; yet we do not fail to rail at Providence for giving us "weak lungs" and cutting us off in the prime of life with pneumonia, nutmeg liver or tuberculosis.—*Dietetic and Hygienic Gazette.*

Danger of Feeding the Sick.

Most physicians accept the theory that we can add to the strength of a sick man by inducing him to swallow food; when the fact is that every mouthful is a tax on his strength, and decreases his power of resistance. It takes power to run the stomach. In every case of severe sickness Nature takes away the appetite because there is no power to spare for the digestive process; she wishes to conserve her energy for combat with the disease. In severe sickness Nature's way is to suspend digestion and let the brain live on the tissues of the body, which can be spared. That is why a sick man loses in weight. If you feed him, and he still loses, it is proof positive that the food is not assimilated; if it *were* assimilated there could be no loss in weight. And if you continue to feed under such conditions you may be absolutely certain that you are loading up his system with waste matter which must be eliminated at a fearful cost in vital power.

You may lay it down as a general law which is amply proven in practice, that in the absence of appetite the patient who is fed will lose weight and strength more rapidly than the one who is not fed. When the desire for food is absent, and the tongue is heavily coated, it should be interpreted to mean: "Busy; nothing wanted within." It is homicidal folly to feed under such conditions; the food decays in the alimentary canal, and generates poisons which are dangerous to life. No matter what the books say, it is foolish to feed the sick man whose breath tells in unmistakable language that his digestive tract is already filled with rotting filth. The sick horse will not eat; and it is to be hoped that sick men, women and children will some day be allowed by their physicians and friends to exercise horse sense.—*Wallace D. Wattles, in Nautilus.*

Osteopathy in Acute Diseases,

By C. W. YOUNG, D. D., St. Paul, Minn.

Nearly everybody is convinced that "Osteopathy is good for some things." Even our medical friends concede that. But there are very few of the laity who understand how wide is the variety of cases, that can be successfully treated by the osteopathic physician. We can handle acute cases, as well as chronic, and the fact that a case is desperate or one in which there is great fever or inflammation does not preclude manipulative treatment. Many bad cases of peritonitis have been relieved at once, followed eventually by complete recovery, by means of skillful manipulation, yet most of the medical fraternity enjoin absolute rest in a case of this character.

It is simply wonderful how inflammation in the abdomen or other parts of the body can be reduced by beginning very gently and increasing the force as tenderness lessens. It is true that manipulation will increase inflammation if not properly applied, and there are some conditions where experience has proved it to be wisdom to let alone. It is a very common experience of the osteopath to find that he can very markedly reduce a fever

in a single treatment lasting from fifteen to forty minutes. A reduction of ten to twenty beats of the pulse and one or two degrees of the fever is no uncommon experience.

Probably there is no acute disease, where the osteopath has secured such signal success as pneumonia. Our failures in this dread disease are very few and far apart. We always find the muscles of the back contracted and the spine rigid. Adjusting the vertebrae and ribs, and stretching the muscles so as to bring relaxation results in great relief. We then have the patient breathe as deeply as possible, while we lift up the ribs, thereby assisting in forcing air into the lungs. Air is the great germicide and we make use of it. At the close of the treatment, we manipulate the neck and inhibit the vaso-motors, thereby reducing the fever. There have been many of these cases, where we have been called late in the progress of the disease, as a last resort, and have been able to snatch the patient out of the jaws of death. If the osteopath will add fasting, colon flushing, cold air, and water applications to the manipulative treatment, he will almost never fail if called in time. A pneumonia patient usually has a large fund of vitality, and he can respond splendidly to properly applied natural healing forces.

In typhoid fever and inflammatory rheumatism and all the fevers of childhood such as diphtheria, croup, mumps, measles and scarlet fever, the manipulative treatment is very helpful. Drugs put into the stomach are worse than useless. But in all these kind of cases, a proper use of water in the form of baths, compresses, packs and clysters should not be neglected. In a bad case of inflammatory rheumatism, a good osteopath understanding the use of water and diet can greatly surpass Mt. Clemens or the Hot Springs of Arkansas or any other resort of this character.

In cases of wry-neck, lumbago and sciatic rheumatism, osteopathic manipulation is by all odds the best specific. This is especially true of sciatic rheumatism.

The osteopath is the best physician in all cases of dislocated joints. Any one with a dislocated hip or arm, or whose back is weak or painful, as the result of some injury should first consult

an osteopath. Many cases of years standing, resulting from accident, can be cured. The osteopath has a method peculiarly his own in the treatment of dislocations. He is taught the anatomy of a joint very thoroughly, and he knows how to make use of his knowledge. He rarely expects permanently to reduce a dislocation in one treatment, even if it is the result of a recent injury. He secures relaxation of the muscles and other tissues, and then gradually works the joint into place, without causing much pain or shock to the body. In all cases where one has suffered injury from physical violence, as in a street car accident or railroad wreck, he should have the osteopath make a thorough examination to see that there are no misplacements of the bony structure.

Subluxations that might cause much trouble are often discovered and corrected by the osteopath, where they would not be noticed by most of the medical men.

How to keep Young.

Frank Jay Gould's mother-in-law, Mrs. Edward Kelly, is called the "youngest looking grandmother in America." She does not look over 30, and with her perfect figure, heavy dark hair and fine complexion is the envy of all her female friends. This is her explanation: "I never worry. I never fret. I never argue. I never talk scandal. I never go without nine hours' sleep. I try to think of others and 'lend a hand.' I am a Sunshiner." There it is—be cheerful, kind, restful and think of others and you will always be young and happy! Try it.

Druggist to Customer—Try this Beef, Iron and Wine. It is certainly doing Brown's consumption good.

Facetious Customer—No doubt it is good for consumption but it was bad for Brown, he died this morning.

The energy wasted in postponing until tomorrow a duty of today will often do the work.—*Orison Swett Marden.*

CONTRIBUTIONS AND SELECTIONS

The Theology of the Average Man.

BY HENRY GOODWIN SMITH.

(Reprinted from the *Outlook* of October 13th, 1906.)

YES, the average man does care about theology. He does not relish "doctrinal discourses," he dislikes the pulpit tone, and he would not read a treatise on systematic theology for a farm, unless it were highly commended as very heretical, and then he would consider most of it passing dull. But the average man does cherish his own ideas about the universe, the Bible, right and wrong, and the future life. These and a few kindred thoughts make up his theology, they are his religion rationale, and strangers in a sleeping-car are sometimes as willing to talk on these subjects as on politics or automobiles.

The average man has two opinions about his own theology. One is that it is thoroughly common-sense and practical, a good working theory, for he finds that it works passably well in his own case. The other opinion is that his own theology is more or less at variance with the minister's. He may himself be a veritable pillar of the church, or he may never enter the church doors, but he is as likely in the one case as the other to consider that his theology is somewhat simpler, briefer, he might even say saner, than that which emanates from the pulpit.

He may keep his opinion to himself, and even partly from himself. If he is participating actively in church affairs, this will probably be the case, and the motive for this reticence is excellent and obvious. But under his quiet acquiescence, under complimentary expressions of appreciation of our dear pastor, the average man, who, after all, does a good part of his own thinking, sometimes wonders why the pulpiteer spends so much valuable time in trying to prove improbable things.

It is the purpose of this paper to uphold the average man in

his position, peaceful and passive though that position may be, and to assure him that the scientific and progressive theology of the day is wholly on his side, and that it is fighting his battle for him as he could not and would not fight it for himself, by opposing traditionalism, dogmatic theories, and all the ecclesiastical impedimenta of faith. Scientific theology emphasizes just those few fundamental spiritual truths that the average man depends on for his religious light and guidance, and scientific theology is criticising, disparaging, or dissolving those complicated, uncertain historical and philosophical theogumena which are the meat and drink to the dogmatist, but to the average man are as sawdust.

In regard to the Bible the average man inherits an instinctive reverence for the volume, and he still believes in it as "The Good Book." He retains a genuine, often a heightened appreciation of its spiritual truths, but he has learned to make distinctions. He has lost the idea, if he ever held it, that the Bible, as a book, is an infallible guide to truth. He feels free to criticise its statements and to question its historical accuracy. He finds passages in other Oriental scriptures which seem to be quite similar to the Hebrew documents. In this instinctive rejection of a Biblical infallibility the average man is supported by the great body of Biblical scholars of the day. The average man will not settle a question in morals by an irrelevant quotation from Ecclesiastes, and he does not believe that man was created a few thousand years ago, when the text-books that his boy studies in the grammar school teach a contradictory view.

As to his idea of God, the average man is not sure whether the doctrine of the Trinity is true or not, but he feels quite sure that the Athanasian Creed is wrong when it threatens eternal destruction on all who do not firmly hold to that doctrine. The average man reverences Jesus of Nazareth, and bows before him, as at the least, the best of the Sons of men. He will call him divine, and will gladly find in his words and deeds the word of the Eternal. But he feels somehow that Jesus of Nazareth is on his side against the scribes and theologians, and that Jesus would accept his devotion and loyalty without first requiring the man to give a definition of him.

The average man thinks a great deal more of the Gospels than he does of the Creeds. He is as willing to take the word of the apostle Philip that Jesus was the Son of Joseph (John I: 45) as he is to take the statement of the so-called Apostle's Creed which says he was not. He will doubt if Jesus was born in any unusual way, he will question the account of some of the miracles, he is uncertain about a physical resurrection. In all these positions he is squarely upheld by critical scholarship in Germany, France, Holland, England, and America. The Scientific theologians are discrediting or rejecting just the creed statements and traditional views that the average man is most ready to doubt.

The average man believes in salvation by character and life, and he does not believe that a man's salvation is dependent on the opinions he may hold on doubtful theological points. He will agree with the minister that good works cannot save him, but the faith, FAITH, that the pulpit is urging as all-important seems to him to involve a considerable number of superfluous beliefs on side issues. And he also feels that it would be a good thing for the church if the minister would preach to some of his most affluent supporters the inexorable necessity of a holy and Christlike character if they expect to be saved. Here scientific theology supports completely the average man's contention, and proclaims that a man is saved by what he is and not by what he thinks, or what he says he thinks, or thinks he thinks. "Saving faith", faith in only the biblical sense, is simple trust in God, confidence in Jesus, and does not of necessity involve any intricate speculations as to the inner constitution of the Godhead, or as to the eternal relation of the Man of Nazareth to that Godhead, or as to the precise stipulations and specifications of the "scheme of Salvation". These matters are interesting to the religious imagination, but a man can believe and be saved without reference to any of them.

Again the average man believes the heathen will have just as good a chance for happiness in the next life as some of the orthodox. And after acknowledging this quietly to himself, he finds that he is quite as generous in his contributions to foreign missions as some who sincerely adopt the view that all who do

not obey the Gospel of Christ "shall be cast into eternal torments".

The average man does not believe in a fiery hell, although he believes, (especially if he calls himself a "Universalist") that there will be a just future recompense for earthly sins. He feels that the minister does not really know very much about the topography of the future state. Here scientific theology, even as taught in some evangelical denominations, once more sustains him. Some of the latest New England seminary pronouncements are to the effect that the New Testament teaches no consistent and harmonizable scheme of the future state, beyond the simple moral principles of the triumph of righteousness and the due recompense of evil, and all this the average man knew and believed before.

This is a very incomplete statement of the case, but it may be as satisfactory to the average man as it would be if it were much longer. The points which have been mentioned are probably as important as any, and this brief discussion may encourage the average man (who now, of course, is also the Intelligent Reader) in his quiet attitude of indifference to the superfluous, traditional dogma, and it may help to assure him that the religious vanguards are with him in emphasizing the simpler, immediate, and spiritual truths of the soul as opposed to questionable transactions recorded in primitive documents, or speculations concerning the innermost nature of the Infinite, or guesses concerning the geography of the regions beyond.

An opinion from one of the chief scientific men of England has just been received. Radium, it is now known, gives off helium, a gas. He thinks that the objects are excessively minute bubbles of this gas entangled in the bouillon. Again the radium may act on the gelatin and form bubbles of carbonic dioxide or sulphuretted hydrogen. He is at a loss, however, to account for a bubble inside of another as a germ plasmic nucleus.

Reward and penalty always arise out of conditions, as seeds grow out of soil. They are not punishment, nor wages, but the natural outflow of conduct—*Clarence Lathbury*.

Power of the Subjective Mind.

BY H. W. RAYLAND, 213 N Vine St., Nashville, Tenn.

A brakeman on the Southern Railway was fatally injured in a wreck near Rockwood, Tenn., a few days ago, sustaining among his other injuries, concussion of the brain, rendering him unconscious which condition continued to the end. The surgeon in attendance, I am told, stated that while he was performing an operation upon him, he spoke German fluently in his delirium. But the surgeon being but an indifferent German scholar was unable to catch the full import of his raving.

Now the remarkable part of this incident is, the man whose history, and that of his family and antecedents, is well known to me, had no knowledge whatever of the German language—that is objectively. While I am aware that this phenomenon has been noted many times before, I report it simply to add another link to the chain of corroborative evidence, showing the well-nigh if not altogether perfect faculty of subjective memory. To my mind, an incident like this, which so clearly reveals the transcendent superiority of the inward consciousness over the outer, very materially strengthens the argument favoring immortality.

San Francisco Earthquake.

CAPTAIN GEO. W. WALROND, 1512 GLENARM ST., DENVER, COLO.

Dear Mr. Hodges:—

Your letter of April 19th, asking my opinion about the San Francisco earthquake, is received. There is no doubt but what the Earthquake was caused by subterranean disturbances. There is a lack of harmony in the equilibrium of the earth, its motor harmony is out of gear. These disturbances beyond a doubt are influenced at times through the immense volume and force of Planetary matter moving through space; not only disturbing but intensifying or increasing atmospheric pressure.

I believe myself from what I have read that the seismic tremors which have been recorded for some years past by

Astronomical scientists should have been recognized as a "warning" that there was something wrong in the earth's interior. Alexis Percy catalogued over 17,000 earthquakes in different parts of the world between 1842 and 1872, a short period of 30 years. Other scientists have also recorded thousands of earth tremblings at different times during the past 50 years. Any analysis of the records shows one astonishing fact and that is there were more frequent tremblings and Earthquakes recorded after a Lunar or Solar eclipse than before, and it was found the disturbances were of greater intensity when a Solar or Lunar eclipse followed each other anywhere near or close together. Now on February 9, 1906, there was a Lunar eclipse and on February 23d, a Solar eclipse. The ancient writers on the cause of earthquakes laid it down as a rule that about 60 days after the "Mean" of two such eclipses, earthquakes may be looked for. There was 14 days between February 9th and 23rd, therefore the 16th or 17th, would be about the average or "Mean" date when the disturbing influences would begin to operate; 60 days from this time will bring us to the 17th or 18th of April and it was on the 18th of April the earthquake occurred.

I cannot say from what I have read and studied what influences the Fixed stars have on the earth's interior; my impression, however, is, that their distance is so great as to preclude any distinct or marked effect. I have no doubt but what every Planet and Fixed Star exercises (in some way or other) some influence, but the true causes of earthquakes, volcanic eruptions, tidal waves and all these exceptionally great phenomena connected with the Earth must be looked for in the Zodiacial Belt or Zone surrounding our Planet. The Planetary motions and their geometric relationship one to the other in the celestial sphere surrounding the earth will account for many, if not nearly all, of the trouble the earth's inhabitants have to contend with.

The late Commander Morrison of the British Royal Navy, ("Zadkiel") in 1834 said, 1st that "Earthquakes generally followed an eclipse; 2nd, at the period of the earthquake many unusual aspects will be found between the Planets, more in number than usual; 3rd, that an earthquake frequently happened when

Uranus, Saturn and Jupiter and Mars are in the sign of Taurus and Scorpio, and so on." At the time of this earthquake, the 18th of April, Mars was 23 degrees in Taurus and separating from a square with the Moon. Raphael, in his Almanac, 1906, page 11, speaking of the progress of Mars through Taurus said, "*Earthquake shocks will be frequent in far apart parts of the world*"; this is under "The Voice of The Heavens" for April, 1906; you have the Almanac.

Also on page 67, he says:—At San Francisco, Mars and Saturn are on the fourth angle or lower meridian. In the vicinity of that great city, underground troubles—probably a serious earthquake will be destructive about Christmas Day or the latter half of February. The winter will be stormy and colder than usual. Otherwise, the quarter will be a prosperous one for California".

We have had this month earthquakes and volcanic disturbances in South Africa, Martinique, Italy (Vesuvius), Formosa, Japan, India, the Pacific Coast and other places.

I have dictated the foregoing from an Astrological or Planetary point of view. I firmly believe on the other hand that much of the Seismic phenomena are the results also of Geological disturbances, caused by the tremendous Planetary forces of Nature which gives this old earth of ours a fearful shaking up at times, and when I speak of the earth I refer, of course, to the great Oceans and the waters and gases in the great central cavities of the earth itself. This latter question, of course, is for Geologists and Astronomers, who have made the subject of earthquakes a study on different lines of observation than my own.

(The shaking or quaking of the earth. The signs in harmony are Taurus and Scorpio. The cross effects of Mars, Saturn, Jupiter and Urania, cause earthquakes and more especially when in these signs. They are often produced from the effect of eclipses. There is no record of earthquakes occurring only when the planets were in signs of violent nature. This is significant and worthy of the investigation of any disposed to doubt these planetary effects.—*Science and Key of Life.*)

A Hymn in Thirty minutes.

From "Wisconsin in Three Centuries" the *Youth's Companion* quotes the following account of the birth of a song of national circulation. "In the Sweet By and By," written by S. Fillmore Bennett, was the product of a few moment's labor, in a country store, says the *Companion*, which then quotes from the book mentioned.

It was about time for closing business in the evening when J. P. Webster, whose melodies have made Wisconsin famous, came into the store, feeling somewhat depressed.

I said to Webster, "What is the matter now?"

He replied: "It is no matter, it will be all right by and by."

The idea of the hymn came to me like a flash of sunshine, and I replied: "The sweet by and by. Why would not that make a good hymn?"

"Maybe it would," he said indifferently.

I then turned to my desk and penned the hymn as fast as I could write. I handed it to Mr. Webster. As he read it his eyes kindled and his whole demeanor changed. Stepping to the desk he began writing the notes instantly.

In a few moments he requested Mr. Bright to hand him his violin, and he played with little hesitation the beautiful melody from the notes. A few moments later he jotted down the notes for the different parts and the chorus.

I do not think it was more than thirty minutes from the time I took my pencil to write the words before the hymn and the notes had been completed, and four of us were singing it exactly as it appeared in the *Signet Ring* a few days later, and as it has been sung the world over since.—*Literary Digest..*

The face of a man gives us fuller and more interesting information than his tongue; for his face is the compendium of all he will ever say, as it is the one record of all he has thought and endeavored.—*Schopenhauer.*

Joy is not in things, it is in us.—*Charles Wagner.*

After Civilization.

SLOWLY out of the ruins of the past—like a young fern-frond uncurling out of its own brown litter.

Out of a litter of a decaying society, out of the confused mass of broken down creeds, customs, ideals;

Out of distrust and unbelief and dishonesty, and Fear, meanest of all (the stronger in the panic trampling the weaker underfoot);

Out of miserable rows of brick tenements with their cheap-jack interiors, their glances of suspicion, and doors locked against each other;

Out of the polite residence of congested idleness; out of the animal life of wealth;

Out of the dirty workshops of evil work, evilly done;

Out of the wares which are no wares poured out upon the markets, and in the shop windows,

The fraudulent food, clothing, drink, literature;

Out of the cant of Commerce—buying cheap and selling dear—the crocodile sympathy of nation with nation—

The smug merchant posing as a benefactor of his kind, the parasite parsons and scientists;

The despair and unbelief possessing all society—rich and poor, educated and ignorant, the money-lender, the wage-slave, the artist and the washerwoman alike;

All feeling the terrible pressure and tention of the modern problem;

Out of the litter and muck of a decaying world,

Lo! even so

I saw a new life arise.

—*Edward Carpenter.*

If a man measures life by what others do for him he is apt to be disappointed; but if he measures life by what he does for others, there is no time for despair.—*William Jennings Bryan.*

The test of character is gentleness and kindness of heart.
—*Newell Dwight Hillis.*

The Power of Love.

By MINNIE E. HARCOURT, Indianapolis, Ind.

Dear Everybody, wake up! You of the dull eye, the lifeless skin, the halting carriage; I meet you everywhere in the street, in the theatre, the church.

Know you not that you are God's—that your heritage is freedom, that to you is given dominion over all circumstances—master of your own destiny?

I mean you, with the old pain tugging at your heart. You say love has passed you by, that the flowers of affection blasted ere you could pluck them and press them to your trembling lips. For this, you have become sordid and morose in spirit. But listen dear one, love abounds throughout the universe; it is the only power. Open yourself to its divine inflow. Think, breathe, and vibrate love, and verily I say, love will come to you. Try it; of course it is hard at first but you will be surprised at the results. Salute the newborn day with affirmations of love; whisper them into the drowsy ear of night ere you close your eyes in slumber. Think love, dream love, be love.

To you whom the world has branded as a failure: throw back your shoulders, lift up your head, and breathe deeply. Strike yesterday from your calendar, a new day is dawning. Behold the splendor of the rising sun, as his magnetic rays pierce the gray mist of the early dawn. A new day, and you are living in the glorious *Now*. There is something for you to do. Opportunity is knocking at your door. Salute her, then forward march; acknowledge no defeat. Use the obstacles of yesterday as stepping stones to the success of the morrow. Success vibrations are now thrilling the inmost center of your being. There is no failure. Oh, you of the faltering step with courage well-nigh gone; it was only one of the life lessons you needed. Show your metal, for there are new worlds to conquer.

And you, broken in spirit, grieving your heart away for the dear one who has only passed beyond mortal sight, lay aside your mourning garb. Life is indestructible; your loved ones still

live and in the degree that you open the way will they come closer, aye, and comfort you.

Courage to you that toil without hope, who long for greater and higher things. Have faith, I say. Displace vain longings with strong desire. All things are yours. There is an immutable law by which like attracts like. Physical condition and environment cannot rise higher than its mental source. Have faith undiluted faith. Hourly make affirmations of strength and power; suggest opulence, health, success. Banish fear. Let universal love permeate your whole being, and lo, thy fondest dreams will all come true.

A Lesson in Will Power.

BY ELLA WHEELER WILCOX, New York.

WE are all accustomed to the admonition "Brace up." It is good counsel, and we do well to obey it most of the time.

Here in America we are all "bracing up" too continuously. We are on a tension day in and day out, year in and year out. I have known one who believed all of success lay in "bracing up," to lie with clenched fists and stiffened body, even in sleep. Will power is a great thing; it is admirable to find one who does not sink the head and shoulders and shuffle the feet along life's highway after a defeat; one who lifts the eyes and sets out the chin, and says. "This is only temporary, I shall go on, and find success by and by." But this attitude of mind and body is one calling for new fuel. Or rather it calls for a renewal of the electric forces—a recharging of the spiritual batteries.

We have all known people who made a brave fight against difficulties, and who braced up until a sudden collapse came.

They put on all the power and ran at full speed past trouble, and never paused until the batteries gave out.

A correspondent has sent me the following valuable prescription for recharging out batteries. He is a practical business man—which gives new force to his letter on this topic.

The quotation is from an article by Gerald Carleton, and is one of the best ever written along these lines. Here it is:

"All power lies in centered thought.

"How are you going to acquire it? Surely not by tension or strain. YOU MUST RELAX. Let us talk plainly. You must be as limp—in a sitting or recumbent position—as possible. Worries and anxieties must be banished—during the period of relaxation at least. For several minutes, if possible, the very brain must cease its duty—the breathing must go on systematically and without effort; everything must be easy until a glow of warmth travels from your head to your feet. Then you begin to experience a sense of power, new and wonderful to you, as a beginner. The glow increases and a happiness takes possession of you—you are actually absorbing the living principles of the Great Universe. This is the moment in which to claim your own—and ask, so 'it will be given to you,' etc., and your request, if you are patient and persevering, will be granted. It may not be to-day, but it WILL come as surely as the stars shine. But ceaseless effort is the Grand Open Sesame to Success!

"Do not let a day pass without carrying these suggestions into effect—night and morning. Say you begin with ten minutes' 'relaxation' and let your breathing be regular (violence in any form is harmful); sink down like a dead weight, whether sitting or recumbent—and by and by you will find the task a task no longer, but a pleasure which words can but inadequately convey. This ten minutes may be increased to fifteen—then to twenty—and when you have yourself well in hand, to thirty and even to a longer period. But remember this—that in order to know your own powers and to master your condition you must persevere.

"It must be no spasmodic effort—done to-day and neglected to-morrow, but each recurring day must have its allotted tasks, and you must not shirk this self-imposed duty."

So many requests come to me for instruction in concentration, and the development of the higher self, that I am sure this clearly delineated and simple lesson prepared by Gerald Carleton will be appreciated by readers of this column.

In addition I would suggest that the beginner in these exercises endeavor to utterly empty his mind from all thought on any subject during this period of relaxation. Take the word God and let it fill the space where old thought, fear, ambition and all the train of worldly anxieties usually find a lodging; put everything away but this one word—and believe it is saturating your whole being with divinity.

You will, after a few moments of this kind of relaxation, walk forth among men, strong and radiant with a new power.

The correspondent who sent me Mr. Carleton's words writes of himself and his experiences in an interesting manner. At first he read in this department some suggestions on breathing and concentration, and regarded them skeptically. Finally experimenting, was surprised at the results and now says.

"I have, since adopting these methods, met with success beyond my most sanguine hopes.

"At the outset I was content to put into operation your intructions OCCASIONALLY, but I soon discovered, if I would realize benefit, I must carry out these instructions regularly and systematically. And in doing this I have found that my health and mental powers have greatly improved—so much so that fear and dread of failure no longer trouble me; and so am accounted by my firm the most successful salesman it has ever employed. This used not to be so until I got grounded into an improved way of thinking, breathing and living—such as you have taught so clearly and forcibly in the American."

It is useless to say that we have no time for these exercises. If we have time to eat and drink enough to sustain life, we have time for partaking of the spiritual sustenance, which shall do ten-fold more for us than food or drink, in showing us the possibility of life. Better live on one meal a day and give the half hour to relaxation and concentration. Better rob dream-haunted sleep of a half hour and learn how to sleep like the sages of old without dreams, and how to wake without anxiety. Many people who make the plea of No time, find ample time to complain of God and the world; and to urge their friends to use influence to bring them success; they find time to be sick, and time to be idle,

and time to be unhappy. While fifteen minutes given twice each day to concentration would bring them into their own kingdom, where waits health, happiness, usefulness, prosperity and knowledge.

All time is ours.

We can save this half hour each day for this great use, if we will.

Once so reserved, we will find we have time for everything else we need or desire to do—*Chicago American*.

Watchman, What of the Night?

BY DR. A. D. FINCH.

I have just read Professor Edgar L. Larkin's rather pessimistic article, "Vast World Problems" (see December, 1905. SUGGESTION), and present a few thoughts for THE STELLAR RAY readers.

Prenatal influence may have much to do with evil, but Faith "sees a star" of the brightest magnitude in the world's horizon—the star of a complete Christian civilization. Reason history and revelation encourage me in an optimistic view of the situation. Let us consider these.

First, *Reason*.—The great majority are giving but little attention to the accumulation of wealth by other than legitimate means, and our people having faith in themselves are not terrorized by the "Frenzied Finance" coterie.

The descendants of the Rockefellers, Morgans et al., will be in the minority forty years hence, as their progenitors are now; and the counteracting influence of a general mental and spiritual enlightenment, together with the altruistic principle of the brotherhood of man now being so thoroughly emphasized, reduces the possibility of conditions being worse in 1935-40 to the minimum.

Where the law of primogeniture does not obtain there is a constant shifting of wealth, so that the poor of today may be the wealthy of tomorrow. The progress is largely as follows: Poverty begets industry, industry begets competence, competence begets wealth, wealth begets leisure, leisure begets dissipation, and

dissipation begets poverty. Add to the foregoing the reckless speculation (gambling) of the wealthy, and we have that calculated to strike and maintain a wholesome condition. Again, the hearts of the masses are for honesty and a square deal, and woe betide the grafter!

Secondly, *History*.—This shows that civilization advances by stages. It ebbs and flows, but the lapse from morality and virtue never reach the low water mark of the last previous ebb, while each flow reaches a little higher than the previous one. Again, all wars of centuries, except, perhaps, those between uncivilized tribes, have advanced the interests of humanity.

Thirdly, *Revelation*.—Here we have the very positive declaration that the "Kingdoms of this world are to become the kingdom of our Lord and his Christ;" that a time is coming when men will "learn war no more." The next great move in the interest of universal peace will be for the establishment of an international congress, with all the departments of state needed for international government. With the possibility of war eliminated, the millions now used for belligerent purposes will be turned into the channels of peace; philanthropic work will abound and the era of love and good will, to which reason and history point, and which revelation proclaims, will have dawned. Such is my faith.

Presentiment of Danger.

In the recent disaster at Atlantic City a curious presentiment of approaching disaster saved the lives of T. C. Smith of Newfield, N. J., and A. R. Kelly of Jeffersonville, N. Y. Both were on the train, but alighted at Pleasantville, the last station before Atlantic City. They had no reason for their act, they said, except that something told them to change their minds about coming to this city. They heard of the accident and came here, convinced they received a miraculous warning to leave the doomed train.

He who acts unjustly to his fellow man acts unjustly to himself because he makes himself bad.—*Marcus Aurelius.*

Our Puny World.

BY PROF. EDGAR L. LARKIN, ECHO MT., COLO.

QUESTION. Is it true that the earth could come to an end and make no difference in the motions of the universe? Mrs. A. W., Memphis, Tenn.

ANSWER. It is indeed true. Move one corner of this paper one inch. You disturb at least two million pieces of dust. Each one is exceedingly small. But it is larger in proportion to the combined mass of all the billions of particles of dust in your room, in which you may be reading, than the earth is to the quantity of matter now known to mathematicians. Rustle the paper slightly fifty times and you hit one million pieces of dust without any effect on the particles in all other parts of the room. Therefore, one hundred million worlds like the earth, with all the people on each, could be annihilated and no effect could be detected in the vast universe. Microscopic effects would be detected by an astronomer in our little local solar system if the earth should be destroyed. The universe is not aware that the earth exists.—*Selected.*

(True and not true—True that the laws of the immense world fill the void—as water covers the pebble lost in its depths but vibrations affect the entire body of water.—*Ed.*

We are all tattooed in our cradles with the beliefs of our tribe; the record may seem superficial, but it is indelible. You can not educate a man wholly out of the superstitious fears which were early implanted in his imagination, no matter how utterly his reason may reject them.—*Oliver Wendell Holmes.*

Men in earnest have no time to waste in patching fig-leaves for the naked truth.—*Lowell.*

Good health is not the mere absence of things positively bad, but the presence of whatever is truly good—*Eustace Miles.*

THE PITIFUL BATTLE OF CREEDS.

Tis said that the banner of peace is furled
 Most often o'er faiths and creeds,
 And that fully one-half of the wars of the world
 Are neither for right nor needs,
 But simply to make some small faction seem right,
 Or to help some sectarian cause.
 And I think we must seem to the Father of Light
 Like babies who fight over straws.

For what matters the faith which we privately hold,
 Or the heaven we specially crave,
 When our brethren all round us are hungry and cold,
 With bodies and souls to save?
 And who will it trouble, life's journey once o'er,
 By which of the numerous roads
 We traveled in order to gain the same shore,
 If we carried the "little ones" loads?
 If we helped all our neighbors, encouraged the sad,
 And tried to be faithful and good,
 If we loved all the fallen, made weary hearts glad,
 And did just the best that we could?
 For the Master preached "loving," not valor or might,
 And I think that his tender heart bleeds
 For his children, who leaving the better work, fight
 In the pitiful battle of creeds.—Ex.

FOR TODAY.

Give me the strength for this today,
 To meet the little cares of life
 With more of patience and of grace,
 To bear its sorrow and its strife,
 With faithful heart and fairer face,
 To seek the good in things alway.

Ah, yes, I'd have the grace to see
 The limits of my narrow way,
 And though I may not understand
 The deed that wrung my heart today,
 I'd have the strength to turn my hand
 To larger opportunity.

—Amy Nickerson.

It is a good thing to be clever, to be able and smart; but it is better to have qualities that find their expression in the Decalogue and the Golden Rule.—*Theodore Roosevelt.*

SUCCESS

Misdirected Energy the cause of Sickness, Crime and Failure.

IT is wise that the attention of parents should be called to the alarming possibilities of the misdirected energies of their children. For example, it is mutually agreed that a boy shall become a mechanical engineer. The boy starts out with the details of the departments of the business; he fails in many of the tasks—repeated efforts prove him to be unable to master the business satisfactorily; the work becomes irksome; he is deemed stupid and incapable—he loses some of his self-respect and becomes despondent—the business grows obnoxious to him—he shirks the duties allotted to him—he seeks relief in social relations which are not of the highest order, and drifts into a life of dissipation and idleness.

Or, his health may be affected, for misdirected energies disorganize the whole mechanism,—many a torpid liver has caused suicide and murder. Whereas if rightly directed, pleasure in the occupation, success, and good health are the result. It is not the happy, successful man who takes his own life or that of others. Nor does the happy successful man mix himself with perfidy and crime. Today there are preachers who ought to be behind the plow, members of the bar who should be at the carpenter's bench, men wielding the pick and ax who should be using their brains to earn their daily bread.

When we learn to apply science to the proper direction of mental and physical energy, the human race will become freed from criminality, it will develop rapidly into successful happy men and women. Then will man know himself. Fatherhood and motherhood will obey the laws of propagation and their offspring will be endowed with all aids to achievement, not hampered by the effects of Nature's broken laws. May the time hasten when

the ideals of fatherhood and motherhood shall become as lofty as a mother's love is pure. Let us realize that "ways of wisdom are ways of pleasantness and all her paths are peace."

Sell Yourself.

The following from the new book "Ginger Talks," by W. C. Holman, Ellsworth Bldg., is printed by permission, and it should be read by every one who is interested in any kind of business:—

A chief quality of a successful salesman is earnestness. The reason you are not selling more goods to merchants is that you haven't all sold yourself yet. You've got to believe in your product yourself before you can make anyone else believe in it. It's no use to try to start a flame of enthusiasm in somebody else if your own mind is full of icy doubts. Go off around a corner somewhere, where you can be alone, and sell *yourself* a line of the article we make. Think over its value; realize it; burn it into your mind. Enumerate its good qualities one after the other; get a realizing sense of each one. Sweep out of your mind, like so many cobwebs, any apologetic feeling regarding it. You are not trying to persuade the business man to waste money. You are selling him something that he needs. You are helping him to increase his profits. You are doing him as great a favor as he does you.

Say these things over to yourself. Think them in your heart; realize them—they're all true. Light the flame of your enthusiasm and fan it into a good brisk blaze. Then, when you've sold yourself, when you believe in your own proposition, heart and soul—go back and tackle the same man a second time. You are in earnest this time. He'll feel the change. There'll be an atmosphere about you that will carry respect. He'll listen to you. His mind won't wander any more than the mariner's needle wanders from the pole.—*Second Ginger Talk.*

Self-control, I say, is the root virtue of all virtues. It is at the very center of character.—*H. C. King.*

A Chart of Conduct.

A prominent merchant of New York City carried these Rules of Conduct in his pocketbook, accompanied by a memorandum to this effect: "Read these rules at least once a week."

Never be idle.

Make few promises.

Always speak the truth.

Never speak ill of anyone.

Keep good company or none.

Live up to your engagements.

Be just before you are generous.

Earn money before you spend it.

Drink no kind of intoxicating drinks.

Good character is above all things else.

Keep your own secrets if you have any.

Never borrow if you can possibly avoid it.

Never play at any kind of games of chance.

Keep your promises if you would be happy.

Make no haste to be rich, if you would prosper.

When you speak to a person, look him in the face.

Save when you are young, to spend when you are old.

Never run in debt unless you see a way to get out again.

Avoid temptation, through fear you may not withstand it.

Ever live (misfortune excepted) within your income.

Small and steady gains give competency with tranquillity of mind.

Good company and good conversation are the sinews of virtue.

Your character cannot be essentially injured except by yourself.

If anyone speaks evil of you, let your life be so that none will believe him.

If your hands cannot be usefully employed, attend to the cultivation of your mind.

Diving, and finding no pearls in the sea, blame not the ocean, the fault is in thee.—*Persian Proverb.*

The Inner Guidance.

Men and women would become more generally successful if they had heeded their inner guidance at crucial points in their careers. Ask a successful business man how he accounts for his success and in most cases he will reply, "I have liked my business and seemed to have an instinct as to what to do from time to time which has advanced my interests". If you ask him to explain the instinct he cannot do so, he simply knows that many times he could not stop to reason and if he had done so, reason would seem to balance the scales both ways; but this inner sense would guide him aright.

Furthermore he is very likely to call to mind instances in which he has not heeded that guidance and has been in error. He realizes that he knew better but he did not act as well as he knew. This instinct is the God-Power, and if a mind chooses to live on a higher plane, he has within him a mental and a spiritual guidance that will never fail. It is legitimate that we should succeed in life; shall we not seek the sure way? We give a recipe for success:

Shut your mind to any thought of fear or doubt, and make a firm resolve to achieve success. Breathe deeply upon retiring at night mentally asserting that you will succeed, that success is Nature's law. Failure is the unfulfilled law. Also breathe deep with this thought in mind upon awakening in the morning. Think many times through the day, "I am placing myself in harmony with the success vibrations of the universe I shall succeed". Try this simple practice with forceful sincerity, not for a few days but make it your habit, and you will be surprised at the result.

Place yourself in the middle of the stream of power and wisdom which flows into you as life, place yourself in the full centre of that flood, then you are without effort impelled to truth, to right, and a perfect contentment.—*Emerson*.

MISCELLANEOUS

Blue Blood.

May Be Aristocratic, But It's Liable To Cause Cold Hands and Feet.

Wherever the idea that blue-blooded ancestry is the best may have originated, the fact is, physiologically speaking, blue blood is bad blood.

That is to say, the blood in the veins which is dark and appears blue through the white skin, is that portion of the blood stream laden with the waste of refuse material of the system, after the red blood (arterial) has carried real food to the tissues. "Red blood" is today the mark of Nature's aristocrat.

When, from imperfect nutrition, the blood loses its rich red color and becomes dark or "blue" the result is cold hands and feet, and more or less palpitation of the heart, as well as general weakness. Coffee drinking, in many persons, causes blue blood and does not insure any coat-of-arms or ancient pedigree—except the ancient habit of coffee drinking itself. A "blue blooded" woman writes:

"I drank coffee for ten years, my head was dizzy, I had constant heartburn, could not sleep nights, my hands and feet were cold summer and winter, my blood was poor and thin (Blue Blood!).

"Seeing so much said in praise of Postum in the papers, my husband and I decided to try it. That was more than a year ago and we have used it ever since.

"Now my head is not dizzy, my hands and feet are always warm, my nerves are steady and I can sleep all night. A few weeks ago, calling at a friend's house, the said, 'What in the world have you been doing? You look ten years younger. I never saw you look so well.'

"When I told them it was on account of Postum, that I had quit drinking coffee, they could hardly believe it. But some time after that they told me they had been using Postum, too, had quit coffee and were so much better every way." Name given by Postum Co., Battle Creek Mich. Don't fail to read booklet, "The Road to Wellville," in packages. "There's a reason."

Don't Hurry.

By W. S. HASKELL, Berkeley, Cal.

Don't break your neck running to catch the first car when the next one will do just as well. Don't imagine that the best plums all grow on the highest trees and require such hard climbing to get; there may be just as good ones within reach. The man who opens his eyes and looks is twice as apt to succeed as the one who rushes blindly here and there without forethought.

That which is good for man to possess will come his way. He draws it by his attitude, it is for him, he don't have to run after it. Never hurry; God never hurries. He works through the laws of Nature and takes just so much time to grow an apple tree from the seed or a cabbage from the sprout. Everything in its order and time. God never asks the earth to get on an extra revolution, or the sun to shed a little more light; he knows they are doing their best all the time, and that is sufficient. If he got to rushing things with the planets, it would be ten to one that some of them would clash and upset the order of things. God knows better than to hurry; getting ahead of time is as bad as getting behind.

Keep in the middle of the road and you will keep step with the eternal laws and stand a good chance of eventually having a voice in the wielding of laws, I almost said the making of laws; for, when we learn the law, we become the law, and are a law unto ourselves. God never hurries and he is never late.

The first business of the philosopher is to part with self-conceit.—*Epictetus*.

After Typhoid.

The Insatiable Appetite Must Be
Carefully Watched.

An attack of typhoid fever usually leaves one with an enormous appetite. The wasted body cries out for food material to repair the loss of body tissues.

If care is not used, the weakened digestive organs may be overwhelmed before they have become strong.

There is no food that has the tissue-building and energy-producing qualities equal to Grape-Nuts.

This food is predigested—the organs are relieved of the necessity of digesting it; it is concentrated—affording much nourishment with little bulk; contains all the essential food elements for repair and energy. It is therefore valuable under conditions of health as well as convalescence.

A California young lady learned the truth about Grape-Nuts. She writes:

"About four years ago I had a severe attack of typhoid fever. After recovering I had a wild longing for food which nothing seemed to satisfy.

"I tried the best of everything, but was always weak and hungry. A change to a milder climate did not mend matters—food did not agree with me.

"A friend persuaded me to try Grape-Nuts. To my great surprise I did not experience that hungry feeling between meals. It was a great relief and I kept on eating it with great benefit.

"Grape-Nuts not only relieved that wild craving for food, but made me stronger in mind and body—relieved the old headaches, weakness, strengthened my nerves so that I was easily able to do my work.

"I have never tired of Grape-Nuts as one does of most cereal foods. My friends were so surprised at my improved condition after eating Grape-Nuts regularly, that many have benefited by my experience." Name given by Postum Co., Battle Creek, Mich. Read the famous little book, "The Road to Wellville," in packages. "There's a reason."

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DEAFNESS:—In cases of deafness the vibrator stimulates the outer and inner mechanism of the ear and cures in many cases.

CIRCULATION:—If your circulation is poor the vibrator will increase it, and cause you to feel a warm glow all over your body.

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PAINS OR ACHEs:—No matter what pains or aches you have or may have that are caused by congestion, the vibrator will cure them.

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GENTLEMEN:—I am in my seventy-fifth year, and for the last ten years I have been full of pains and aches, and had indigestion fearfully bad. My food would generate gas, which would rise up and press on my heart with an ache like sticking a knife in it, and my arm, well, it would become almost paralysed, and when I went for a walk I would have to stop every few minutes, I was in so much pain I could not go along. I thought I would try dieting and entered the Boston City Hospital in 1898. Stayed there two weeks on a strictly milk diet, and my discharge reads, condition relieved, no cure. Then I tried patent medicines, took every kind advertised, result no benefit.

I have not had my Vibrator three weeks yet, but it has made a new man of me. One day last week I walked three hours and came home feeling fine. I have also been troubled with insomnia, had to take medicine every night before going to bed to make me sleep. Have told the nurse that I did not want any more medicine, as the Vibrator was making a new man of me in more ways than one.

Respectfully yours,

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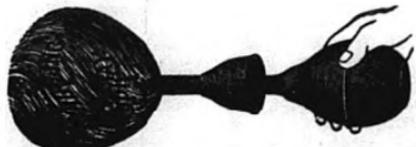
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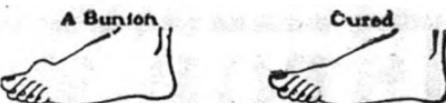


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How We Imitate Each Other

At a medical dispensary in New York City the other day a girl was brought into the waiting room jerking her arms spasmodically and twitching her face in the manner common to those afflicted with St. Vitus' dance. She was admitted as quickly as possible to a student class interested in that form of nervous disorder, but not until three or four other children in waiting had seen her, all of whom began imitating involuntarily her movements.

At Echternach, in Luxemburg, the annual religious dancing procession, which has been observed for centuries, took place a month ago. This pro-

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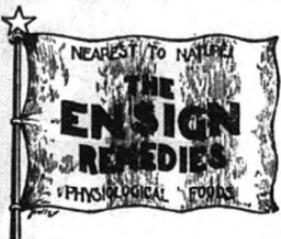
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INTOLERANCE OF NEW IDEAS

The vast majority of people are intolerant of new ideas. Even some of those who imagine that their views are broad-gauge are as narrow as those whom they affect to despise, and while they pose as new thought people they really differ from the majority because they are obstinate and cross-grained. One of these people recently sent to us for a vial of our Remedies to examine. He saw at once that they were "just the same as drugs." He did this without any trouble; without even the trouble of investigating. It is refreshing to run across these bright people once in a while. He is a prominent light in the New Thought organization, and will remain as long as he is not crossed or too many do not come into it. In the latter event he is liable to turn up in the Obsolete Thought ranks, where he belongs.

We have Remedies new to the vast majority of people in name, but they are as old as the world. Dame Nature has used them in all of her processes heretofore and must always use them, for the Creator built the first creature out of them, and they form the active elements in every creation, as far as this world is concerned. Building, tearing down and repairing—the action of those elements is unceasing. They are known collectively as the Tissue Salts, and so named because they are integral parts of every tissue, and are active agents in constructing it. This is not theory, but an easily demonstrable fact; and is so recognized by all scientists.

As long as the human organism is able to take these elements out of food, prepare them for assimilation and place them in the cells properly, that organism is healthy. But when there is a failure in assimilation in any degree the system is ill to that degree, and in the direction of the shortage. The symptoms which develop in consequence are infallible guides to the cause of the trouble and its remedy. The experienced biochemist can tell the kind of tissue affected and the food required to re-establish the equilibrium. He then supplies it in the form required by Nature and a cure results.

Says one enthusiastic friend, who has tried these Remedies, and knows their curative power: "The whole world should know of them." It will be a long time before it does, and a longer time before it accepts them; nobody will be interested but the few free thought people and the desperate invalids who have run the gauntlet of surgeons and drugs and barely escaped with their lives. Fashionable people put their lives into the hands of the doctor and their religion into the hands of the preacher, for they are busy taking care of their money; the latter being most important until the individual loses his health or dies. Then the responsibility of the doctor and preacher ceases, and that of the individual is forced upon him.

We have some literature which further explains this system and its practical application. We have a booklet on General Diseases; one on Private Diseases; one on Woman's Diseases; one on Varicose Veins, Varicocele, and one on the Heart, and several leaflets on various subjects. Any or all of them free to any person, sent postpaid. Write for them to-day; a postal will do. Address, **ENSIGN REMEDIES CO.**

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cession is composed of cripples, epileptics, and others afflicted with nervous disorders, who keep up a grotesque kind of hopping on their way to the abbey, where they hope the saint of the place will relieve them of their infirmities. It is related that whenever this dancing pilgrimage is performed bystanders who are perfectly well will speedily manifest epileptic or nervous symptoms and join the ranks.

It is not remarkable that among many children or adults this kind of psychic contagion should prevail. The undeveloped side of human nature has always shown this tendency. All the delusions of the past, the Flagellants, the Convulsionnaires, the werewolves, tarantism, witchcraft, and epidemics of fanaticism following epidemics of disease, have grown out of what may be called the imitation mania. They were most prevalent during the fifteenth, sixteenth, and seventeenth centuries. As knowledge has increased and civilization has advanced they have become less frequent, though it is not safe to assume they would not appear again should opportunity offer. The growing materialism of the world and the rapid increase of scientific knowledge are strong deterrents.

There are many indications, however, that the tendency is still alive and that should the opportunity come it might show itself in some extraordinary manifestations. It is not likely that whole communities would fancy themselves bitten by a harmless spider and dance themselves to death in mad tarantellas.

And yet in this twentieth century great cycles of peculiar crimes occur for which no explanation can be found except that of imitation. Thousands, now slowly coming to their senses, have followed the lead of a sham

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Earth's Core is Very Hard

The interior of the earth, although it has been cooling 20,000,000 years, according to Lord Kelvin, and 100,000,000, according to geologists, is still considerably hot. There is a rough-and-ready rule that the temperature rises ten degrees Fahrenheit for every fifty-one-feet of descent says a writer in a scientific publication. But after a certain point, say 200 miles below the surface, the rate of increase is hardly appreciable.

There is no molten sea below this 200-mile point, but, on the contrary, a great, rigid core, and the mass of ores and chemicals existing at this enormous heat is at least twice as rigid as steel.

This theory is based on the observation of seismic waves. The rapidity of the traveling of these waves varies directly with the rigidity of the medium. It is found that a seismic wave starting at Valparaiso and coming necessarily through the center of the earth reaches Washington in sixteen minutes, nearly twice as fast as they would come the same direction through solid steel. Hence the conclusion that the matter inside the earth, although at a tremendous high temperature, is as rigid again as steel.

This phenomena, invariably noted at all seismic observations, entirely upsets the old theory that the earth's interior is a freely moving liquid and

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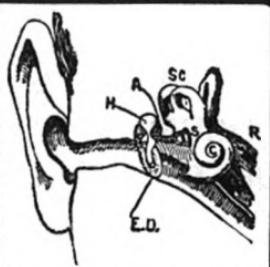
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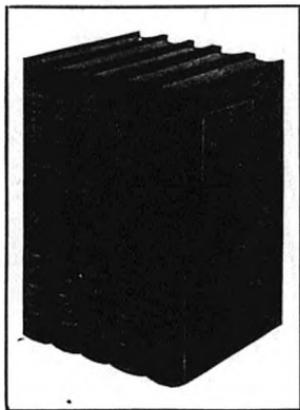
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An Interesting Letter

By MRS. MATIE WARNER, 89 Pine St., Seattle Wash.

It seems to me from general observation and from discussing various topics with people whom I meet—and I meet many classes—that popular concepts are changing radically and rapidly regarding many things that a decade or less ago were considered as forever settled or impossible of solution, while innumerable questions are being raised and earnestly debated that have never occurred to even the deepest thinkers until recently.

Certainly I know that among my acquaintances, more than one splendid soul has been roused into its first conscious activity by learning this new gospel of the "kingdom within." As these various magazines come into my hands from time to time they stimulate all my forces like some strange elixir. I cannot describe it, but the very air seems to undergo some subtle, buoyant change when I sit reading some of these thoughts.

The department of Astrology attracts me for I am pursuing that study. There seems to be a general awakening on this subject recently. You sometimes give space to discussing Animal Psychology—whether they **have souls and are immortal** and to what extent they possess reasoning power.

Personally I have had some very wonderful experiences with animals—so definite and significant as to convince me that they are endowed beyond anything that most people credit them with.

I don't kare how much a man talks if he only sez it in a few words.—*Josh Billings*.

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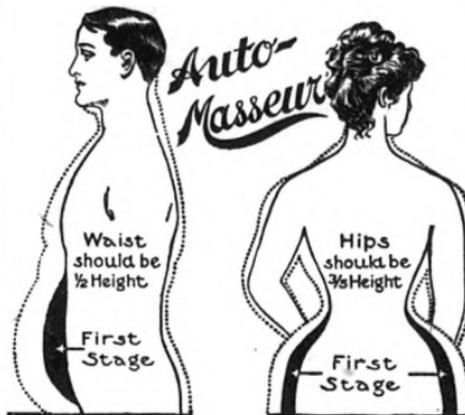
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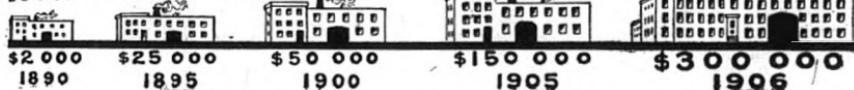
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The body was found as had been pictured in her dreams.

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Do you want health, a strong muscular body or a beautiful form? Do you want to increase or decrease your weight? Have you been spending money for medicines for a number of years and failed to be benefited? Wouldn't you be glad to know that there is hope after all—hope for a permanent cure and a new life by nature's methods? If you have been saturating your body with poisonous drugs and deadened the natural forces of the system, give nature a chance to cleanse your system. Then build upon a new foundation and obtain all the benefits which nature intended you should have.

Our system of Physical Culture is especially adapted to the remedying of the following ailments:

Indigestion Dyspepsia
Weak Heart Torpid Liver
Mental Weakness Impure Blood

Dropsey Insomnia
Constipation Obesity
Rheumatism Lung Trouble

Women will find almost immediate relief (no matter what the cause) by our special treatment. We have had remarkable success with some of the most stubborn cases. Read what these people say about our course:

Chicago, Ill., Apr. 12, 1905.

Gentlemen:—It affords me pleasure to endorse your Institute and the System which you employ. My actual experience, and those of my various patients whom you have treated, and those treated, causes me to unhesitatingly recommend you to those who are suffering from any disease, loss of general tone and vitality.

Not only is your System correct so far as its scientific principle is concerned, but your mode of applying it has been so satisfactory and beneficial as to make me your friend and advocate forever.

Wishing you the success you so richly deserve, believe me
Very truly yours, MARTIN M. RITTER, M. D.

Chicago, Ill., Mar. 15, 1905.

Gentlemen:—

It gives me pleasure to state that I derived great benefit from the course of treatments taken at your Institute. My trouble, as you know, was rheumatism. I had been afflicted with this disease for some time and when I finally visited your place was able to walk only with a cane and the assistance of an attendant. I was soon relieved, and before the course is completed I am practically cured.

Very truly yours,

ALBERT MORGAN.

Monthly Payments to Suit.

Our course of Physical Development is comprised of thirty-six lessons (three each week for three months), is simple and explained so thoroughly that a child can understand it. The price of this course is \$25.00, or about one-third of the usual cost of such courses. We are going to make it possible for every man and woman to secure the benefits of our entire system by sending it upon receipt of \$5 and the coupon below, the balance to be paid in four or eight installments of \$2.50 or \$5.00 a month, whichever is most convenient. **We require no guarantee from a third person, no notes, just a plain agreement that you will pay for the course as it suits you best.**

This Special Offer is made only to those sending in Coupon attached.

This is positively the same course which is employed at our Institute where personal treatment and instructions are given for the regular fee of \$100.00.

This course has been devised for the benefit of those who are unable to take advantage of personal treatment at our Institute in Chicago.

We solicit correspondence from those desiring to come to Chicago to take individual treatments. Special terms to outsiders. We refer you to any responsible business house of Chicago, The Fort Dearborn National Bank or Jackson Trust and Savings Bank.

Illustrations show the physical development of the Managing Directors of this institution.

Gentlemen:—

Enclosed please find \$5.00 for which send me your regular \$100.00 Course of Instructions for \$25.00. The balance I agree to pay in monthly installments of

\$..... a month.

Chicago Institute for Physical

Development,
Dept. S. 39 State St.
Chicago, Ill.

Editors Physical Culture
Dept. Chicago American.

Name.....

Address.....

YEAR
OF
THIS
COUPON
AND MAIL IT TODAY.

